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Skin Care Secrets for Men

Today's men are increasingly aware and concerned with the health and appearance of their skin. It is the body's first line of defense against sickness, germs, and disease. Men should practice a skin care regimen twice a day, just as many women do. With a few simple steps they can avoid embarrassing blemishes and other unsightly, but common, issues that they have with their most public feature.

CLEANSE:

A man's skin is approximately 20% thicker than a woman's and is typically firmer because it has more collagen and elastin. However, because of more active sebaceous glands, men's skin tends to be much oilier, and can cause clogged pores and breakouts. If you use regular soap to cleanse your skin, stop.

Soap will strip your skin of the natural oils, and your sebaceous glands will react and attempt to produce more oil. Deep cleanse twice a day with an enzyme gel cleanser, such as Esente' Enzopro Gentle Excellerator to avoid clogged pores and ingrown hairs. At least once a week use a facial scrub or exfoliant, the Esente' Oligo Peel Micro Creme is a great choice, can be kept in the shower for an occasional full body scrub and is perfect for homecare peeling and skin refining. This will slough off the dead skin and help to keep you looking radiant.

SHAVE:

Daily shavings can cause imperfections such as pimples, razor bumps, and ingrown hairs. Always steam the face while taking a shower and before shaving! This allows the hair follicles to open up 30% more. Enzopro is a great shaving gel and a better option than shaving cream, which has air pockets that can lead to nicks. A swivel-head razor will decrease nicks, as opposed to a disposable razor. Always shave with the grain first, then if necessary, you can shave against it. Splashing the face with cold water after shaving closes the skin pores, but avoid using alcohol-based after-shaves, which can dry the skin.

PROTECT:

Everyday elements such as the sun and wind can dry your skin to the point that it hurts - especially in the summertime, when men can be outdoors playing golf two or three times a week, six hours a day. To prevent this, wear a full spectrum sun block with moisturizers, of at least 15 SPF during the day. It's a must to protect and help prevent sun damage and skin cancer. At night, opt for a moisturizer suited for your skin, and don't forget a good eye gel to keep the bags at bay.

EAT HEALTHY AND EXERCISE:

Double up on the fruits and vegetables, which contain many anti-oxidants that can retard skin damage. Replace butter with olive oil when you cook, avoid greasy fried food ... just to mention a few. Exercise will help to clear your pores, increase your metabolism, as well as to get your heart pumping, all the while improving your skin.

HYDRATE:

Don't forget to help take care of your skin by drinking at least 64oz of water daily- especially if you have had a few too many alcoholic beverages - as alcohol will deplete the moisture right out of your skin.

TREAT YOURSELF TO A PEEL FOR MORE BEAUTIFUL SKIN!

For Victoria Nash the creation of Esente' Physiocuticals culminates a lifelong passion for advanced aesthetics and health. She is a licensed clinical aesthetician and her understanding of healthy lifestyle and beauty modalities have been influenced by more than 15 years of expanded function dentistry. With Victoria's frequent guest appearances on television and radio as well as featured articles in national and regional media, Esente' has quickly become the skin care line that everyone is talking about. Born in Lancaster, Pennsylvania in 1957, she now lives in Phoenix and is the proud mother of four adult children and ten grandchildren who range in ages from six to fourteen. Visit www.esente.com for more product information, or for help with your skin care needs, through our online skin consultations.



By Shandi Hudson

ETHNICBEAUTY

I Tried It: Melange Peel

For some time I, like many others, have had the curse of bad skin! I'm talking skin like that of 15-year-old pre-pubescent boy! Oh how excited I would become hearing about the latest chemical peel or face mask only to discover that I was not a candidate because of my dark skin color. Everyone else can achieve great skin and I'm stuck with hyperpigmentation that I can't get rid of - so not fair! I had come to terms with looking like a spotted Cheetah for life, attempting to mask it with bad make-up that never matches. Just when I had given up, I found something that has really worked, without making my splotches worse and without the Michael Jackson skin lightening effects.

I try each product/service I write about because it's only right for me to be the guinea pig before sending others to try it. Now I must warn you, I did go through a moment that I thought I was uglier than a Star Trek character but the end result was marvelous. For years, I have had a mild cause of acne - not too severe, but anytime I would get a pimple, it would leave behind a dark spot on my face. Over time, this issue has worsened. I tried everything from chemical peels to glycolic peels, Obagi to Cosmelan (the new formula). Some of that stuff worked but none was strong enough to solve my problem. In consultation with Kevin Crawford, a skin care professional and owner of Arizona Laser, he informed me of a new peel available and safe for all skin types called the Melange peel. Of course I was skeptical, but I figured I had nothing to lose.

The peel must be done at a professional aesthetician's office by someone licensed and trained; it is not something you can do at home. I arrived for the procedure on a Thursday and learned how the next few days would unfold. It does not sting or burn, which I thought was unusual but I was pleased. The mask is an orange color and with a gel-like texture; I looked like marmalade was smeared on my face. Depending on your skin tone, you will be instructed how long to keep the mask on your face. For me, it was 11 hours so I was prepared for a lot of TIVO time and reading. I washed the mask off and was red in the face similar to that of sunburn but it was not painful at all. I applied the cream that was given to me and was able to put on make-up and do my everyday routine as usual. By day three, the peeling began. When I say peeling, I mean peeling! At this point I decided to stay home as to not scare anyone but after that one day of peeling; I was pretty flakey as if I had done an aggressive exfoliation. I applied extra moisturizer and my make-up. At the end of it all - by about day five - I felt like a new woman. The results are immediately visible after the peeling subsides. Although my skin felt tight and I had a bit of dryness I was so very happy to see that most of my acne scarring had disappeared!

As you know, individual results will vary so contact someone for a consultation to find out if this procedure is right for you. This peel is fairly new and not many local skin care professionals know about it so I leave you with the professional who performed it for me.

Happy Peeling!!

Arizona Laser Skin Solutions
Kevin Crawford, Owner
512 East Southern Avenue, Suite D, Tempe
Phone: 480-921-0767,
www.arizonalaser.com

Shandi Hudson is a professional model and freelance writer living in Tempe. She is also a Secret Shopper - so be on the lookout for her!

